

**AMENDMENTS TO THE SPECIFICATION**

**Please delete the present Abstract of the Disclosure and replace it with the following new Abstract of the Disclosure.**

A network status reporting method is provided for reporting in a communications network a network status to a data source with an adaptive transmission rate. The data sink reports the network status to the data source in order to enable the data source to adapt the transmission rate based on the network status. The communications network further contains at least one intermediate network node, and a data sink. Only the data sink reports to the data source on a status of the communications network in its neighbourhood, and no intermediate network node reports to the data source on the network status of the communications network.